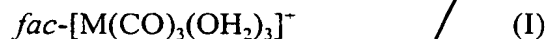


WHAT IS CLAIMED IS:

1. A method of preparing a compound of formula

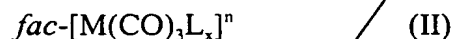


wherein M is Mn,  $^{99m}\text{Tc}$ ,  $^{186}\text{Re}$  or  $^{188}\text{Re}$ ,

comprising reacting a metal in permethylate form with carbon monoxide and a reducing agent, wherein a mixture of a basic borate buffer and a reducing agent soluble in water but not substantially decomposed by water is solved in a water containing solvent system containing a solution of the metal in permanganate, pertechnetate or perrhenate form in the presence of carbon monoxide.

2. The method of claim 1 wherein said mixture further includes a stabilizing agent.
3. The method of claim 1 wherein said reducing agent is  $\text{KBH}_4$ .
4. The method of claim 1 wherein said mixture further includes lactose.
5. The method of claim 1 wherein said mixture further includes L-tartaric acid.

6. A method of preparing a compound of formula



wherein:

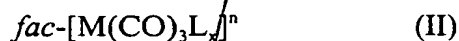
M is Mn,  $^{99m}\text{Tc}$ ,  $^{186}\text{Re}$  or  $^{188}\text{Re}$ ;

$L_x$  is a multidentate ligand; and

n is a charge of the ligand  $L_x$  increased with one + charge;

comprising reacting a compound of formula (I) prepared according to claim 1 with ligand  $L_x$ .

7. The method of claim 6, wherein the reaction with ligand  $L_x$  takes place in the presence of a halide.
8. The method of claim 6 wherein  $L_x$  comprises an aminopolycarboxylate.
9. The method of claim 6 wherein  $L_x$  comprises a biologically active substrate selected from the group consisting of amino acids, peptides, proteins, sugars, small receptor binding molecules and body cells.
10. The method of claim 6 wherein said method is performed between about 20°C and 100°C.
11. The method of claim 6 wherein said method is performed at about 75°C.
12. The method of claim 8 wherein said aminopolycarboxylate ligand is selected from the group consisting of diethylenetriamine-pentaacetic acid (DTPA), ethylenediaminetetraacetic acid (EDTA), 1,4,7,10-tetraazacyclododecane-1,4,7,10-tetraacetic acid (DOTA), iminodiacetic acid (IDA), nitrilotriacetic acid (NTA), and triazacyclononanetriacetate.
13. The method of claim 8 wherein said ligand is not bidentate.
14. The method of claim 8 wherein said ligand is tridentate.
15. A compound of formula



wherein:

M is Mn,  $^{99m}\text{Tc}$ ,  $^{186}\text{Re}$  or  $^{188}\text{Re}$ ;

$L_x$  is a multidentate aminopolycarboxylate ligand; and

n is the sum of the charge of the ligands  $L_x$ .

16. The compound of claim 15, wherein  $L_x$  is not a bidentate ligand.
17. A kit for carrying out the method of claim 1, comprising a lyophilized formulation including a basic borate buffer and a reducing agent soluble in water but not substantially decomposed by water, said mixture being sealed in a container having a headspace comprising carbon monoxide.
18. The kit of claim 17 wherein said headspace is substantially pure carbon monoxide.
19. The kit of claim 17 wherein said reducing agent is  $KBH_4$ .
20. The kit of claim 17 wherein said formulation further includes lactose.
21. The kit of claim 17 wherein said formulation further includes L-tartaric acid.
22. The kit of claim 17 further including a metal M which is Mn,  $^{99m}Tc$ ,  $^{186}Re$  or  $^{188}Re$ .
23. A kit for carrying out the method of claim 6, comprising a lyophilized formulation including a basic borate buffer, a reducing agent soluble in water but not substantially decomposed by water and a metal M which is Mn,  $^{99m}Tc$ ,  $^{186}Re$  or  $^{188}Re$ .
24. The kit of claim 23 wherein said reducing agent is  $KBH_4$ .
25. The kit of claim 23 wherein said formulation further includes lactose.
26. The kit of claim 23 wherein said formulation further includes L-tartaric acid.
27. The kit of claim 23 further comprising a ligand  $L_x$  which is a multidentate aminopolycarboxylate ligand.
28. The kit of claim 27 wherein  $L_x$  is not a bidentate ligand.